

Affirmations Words with Power

By Remez Sasson and Dorina Sasson

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Chapter 1 - General Information

What Are Affirmations

Affirmations are positive statements that describe a desired situation, event, habit, or goal. When these positive statements are repeated often, mentally or aloud, they act like autosuggestions, affecting the subconscious mind, which in turn, affects one's behavior, habits, and even external situations and circumstances.

If the affirmations are repeated with faith, earnestness and attention, they change the thinking patterns of the subconscious mind, which, in consequence, builds new habits, attitudes and skills, and helps you create better circumstances. There is nothing supernatural about affirmations. They just trigger natural forces into action.

Affirmations resemble small drops of water that constantly fall on a rock. The drops are light and small. However, over a period of time they affect and change the shape of the rock in a most visible way. The act of repeating affirmations gradually changes the thought patterns, images and habits of the subconscious mind, and consequently, the way it acts, just like the action of the constantly falling drops of water.

An affirmation defines a desire or goal in words, as a positive statement of a desired situation. These words automatically create mental images of the

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desire or goal in the mind of the one saying them, and in this, affirmations resemble creative visualization. People, who find it difficult to visualize, may find that affirmations are easier to use.

The repeated affirmations gradually get accepted by the mind as truth, and affect the actions and behavior of the person involved.

The accumulated power of the repeated affirmations pushes and drives out of the subconscious mind thoughts, attitudes and habits that are not in harmony with the affirmations, and changes the contents of the subconscious mind from negative and restrictive thoughts, to positive and constructive ones.

The new contents of the mind, affect, change and improve the person, and attract corresponding situations, events, circumstances, and people into his life.

Affirmations are powerful tools for inspiring, motivating and conditioning the mind to maintain a positive attitude and belief in one's ability to succeed. They are intended to define and specify a particular desired goal, habit or situation in clear and definite terms, and to help focus the attention on it.

- Affirmations are not empty, parrot-like repetitions of sentences.
- Affirmations are not sentences that are repeated like a worn-out record.
- The purpose of affirmations is **not** to ignore reality and block the mind from thinking.
- Affirming does not make a person ignore reason and common sense.
- Affirmations are not meant to make you live in a closed imaginary world.

Affirmations are powerful sentences that make wishes come true. They energize, inspire and motivate the person using them, and condition and program the mind to maintain positive attitude and beliefs.

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Saying an affirmation just once or only a few times is not enough. It usually needs to be repeated often, before it can stimulate the subconscious mind into action, unless the desire is very strong, concentrated and loaded with emotions.

The repetitive affirmation slowly chisels an image or intention into the subconscious mind, pressurizing it into activity. The subconscious mind accepts the affirmations as true, and does everything it can to make existing conditions change in accordance with the affirmations, until they become a reality.

Affirmations motivate, inspire and push toward action. They influence the actions, reactions, and the body language, and also influence other people to help you accomplish your goals.

You will find in this book many affirmations for various purposes. Here are a few examples of positive affirmations:

“I am very happy, content and satisfied.”

“With every breath I take, I fill myself with happiness.”

“My work fills me with satisfaction.”

“Slimming is easy to achieve.”

“My body is satisfied with eating only the food it needs.”

“Each day, my body is becoming healthier and stronger.”

“Money is now flowing into my life.”

“My mind is open to receive ideas to make money.”

“I have a lot of money, and much more is flowing to me each day.”

The Reasons for Writing This Book

Nowadays, one can find many books and information about affirmations, but there isn't enough clear and practical information on how to use them. In order to get results, it is important to know how to use affirmations correctly. More knowledge and more understanding mean better chances of attaining

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success, and this is the aim of this book. By taking this subject out of the mists of the supernatural, and showing how it works, more people, will be able to benefit from it.

The journey through life presents challenges, which have to be surmounted and solved, and affirmations provide a wonderful way to surmount them and improve one's character and circumstances. Every person, who learns about the power of affirmations and starts using it, will, in one way or another, improve his or her life, and achieve the inborn desire to have a better and happier life.

This book is a good companion to creative visualization, because affirmations add power and strength to any visualization. People who find it difficult to visualize clearly, will benefit from this book, as it teaches how to use the power of words, without the necessity of consciously visualizing. Affirmations employ words, and these words automatically create mental images in the mind.

The Purpose and Benefits of Affirmations

- Affirmations provide a bridge between the conscious mind and the subconscious mind, which is the “control room” of the mind and the body.
- The subconscious mind is responsible for all the involuntary functions of the body, such as the heartbeat, bloodstream, respiration, the immune system, metabolism, and self-healing. Affirmations pass from the conscious mind to the subconscious mind, which takes the affirmations as commands to heal the body.
- Affirmations have a great effect on every area of life, and can bring about significant inner and outer changes and improvements.
- They are tools for removing or overcoming negative habits and for acquiring new, positive ones.

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- With their help, one can develop various skills, improve the concentration, boost and increase self-confidence, become happy, increase motivation and inspiration and much more.
- They are valuable tools for losing weight and shaping the body.
- Affirmations help us to change our circumstances by driving the subconscious mind to come up with solutions, and motivating us into action to bring about the desired changes.
- Affirmations are tools for success. They keep the mind focused on the goal, and motivate and strengthen the ambition and resolve to succeed.

There is much to gain by repeating affirmations! Learning to use affirmations is another step on the way to a more satisfying, happy and successful life.

Here are more benefits:

- Affirmations uplift the spirit.
- They fill the mind and body with energy.
- They awaken inner strength within you.
- They help you relax your body and relieve stress.
- Affirmations strengthen the ambitions and motivation.
- Affirmations help to get rid of undesirable and unhealthy habits.
- They can change your attitude from a negative attitude, to a positive attitude.

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- Affirmations help to push negative thoughts out of the mind, and insert instead, happy and positive thoughts.
- Affirmations can help the immune system, through the subconscious mind, to heal the body and accelerate the self-healing process.
- Affirmations are a call for the creative power of the universe for assistance.
- By repeating affirmations you broadcast your desires and goals to other people, who can help you achieve them. They perceive them directly through their subconscious mind, through your words, thoughts and body language. Affirmations attract into your life people, events and circumstances that promote and help you manifest the subject of your affirmation.

An Example of an Affirmation Coming True

Several years ago, we lived in a town, which is located about two hours drive from the airport. Every time, upon returning home from a journey, we had to wait for some time, before a taxi to our destination was available, and when one became available, we had to wait until all the seats were taken (it is a kind of a big taxi).

This had always annoyed my wife, who was anxious to return home from the airport, as quickly as possible. To change this situation, on one of the journeys, she decided to use affirmations.

A few days before flying back home, she began repeating several times a day, the following affirmation:

“A taxi to my hometown is waiting for us, and is immediately taking us home.”

While boarding the plane to fly back home, and during the flight, she affirmed many times this same affirmation:

“A taxi to my hometown is waiting for us, and is swiftly taking us home.”

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Her mind tried to persuade her that it won't happen, but she did not listen to it. She kept repeating the affirmation with joy, calmness and certainty.

She kept repeating the affirmation while landing, passing through the passport checking and customs, and while taking her luggage.

Upon arriving at the taxi station, a driver came toward us, asking:

"How many people are you?"

We said: "Two."

The driver took our luggage and put it in the taxi, saying: "Hop in, we were waiting just for you."

Amazingly, everything happened the way she has affirmed and anticipated. Someone might say, "It's just pure good luck." Yes, good luck does come often to people, who use affirmations. This happens because affirmations create opportunities, new circumstances, and right timings. They also make one more acutely perceptive of the opportunities when they arrive, and able to benefit and take advantage of them.

Affirmations and the Personal Level

Affirmations work according to natural mental and spiritual laws. They bring their results through their actions on two levels, the personal and the cosmic.

In this section, you will be introduced to the personal level, and in the next section to the cosmic level.

1. Repeated thoughts become powerful and affirmations are thoughts in words. One single thought may not affect one's behavior and life, but when it is frequently repeated it accumulates power. This is why repetitions are required to make the affirmation gain power and become effective.
2. Affirmations influence the subconscious mind, as do commercials on TV. The first time you watch them they do not affect you, but if you

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- watch them day after day, you will gradually accept them, and might eventually buy the advertised product.
3. The subconscious mind obeys and executes the commands of the conscious mind. What you think with your conscious mind passes to your subconscious mind. If you repeat the same thoughts frequently, they gain power and have a stronger effect on the subconscious mind.
 4. Repeated affirmations gradually sink into the subconscious mind, thereby setting new habits, behavior and reactions.
 5. Often-repeated words are ultimately accepted as truth, and lead to action.
 6. An affirmation that is repeated often is similar in its action to a hypnotic suggestion.
 7. Affirmations often bring mental images into the mind. If the affirmations are energized by strong desire and faith, these mental images often attract and create conditions and situations in accordance with them.
 8. The act of affirming puts emphasis, and gives importance to the subject of the affirmation, and pushes toward pursuing this subject more energetically than any other subject.
 9. Thoughts pass from one mind to another. Thought transference is very common, and happens all the time in an unconscious manner. We broadcast our thoughts and perceive other people's thoughts. If the person, who picks up your thoughts, is in a position to help you, he will probably do so.
 10. Affirmations said with feeling, push the person saying them into taking action.
 11. Affirmations are encouraging words that inspire and motivate.

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Affirmations and the Cosmic Level

The power that has created everything in the universe is an omnipotent power, and contains everything in it, including us. This power is called by many names, the Universal Mind, Universal Consciousness, Cosmic Mind, Spirit, God, the Divine power, the Power of Nature, and by many other names.

Our thoughts exist within the creative Universal Mind, and therefore, are powered by its creative energy. Every thought that we think is within this Mind, energized by its enormous power. If we repeat the same thought over and again for some time, this power ultimately turns our thought into reality.

This means that we are partners with the Universal Mind in creating the circumstances and situations of our lives. The Universal Mind perceives our thoughts and words, and it turns them into our reality.

You may or may not accept the theory of the Universal Mind, but it is difficult not to agree that there is some sort of immense power in the Universe that is constantly creating and recreating this world. We participate in its power of creation, because our thoughts and desires are part of it.

1. Words are the expression of thoughts. They gain strength by repetitions, and exert pressure on the creative power of the Universal mind.
2. Everything exists in the omnipresent Universal Mind. You and your thoughts are an inseparable part of this mind. Whatever you think or say is within it and affects it.
3. Everything that exists is connected and interconnected with everything else, even if we cannot see this. Thoughts, actions and events are connected with each other and affect one another.
4. The repetitions of affirmations create vibrations within the omnipotent Universal Mind. These vibrations create opportunities and attract to us

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the right people at the right time, who offer us their help and guidance.

5. Affirmations are like radio or TV broadcasts. We broadcast our thoughts, desires and ambitions to the omnipotent Universal Mind, calling for its help, and the benevolent Universal Mind responds and works on our behalf.
6. The Universal Mind is the creative principle of the Universe, and therefore, since we are an inseparable part from it, we participate in the creation process. We contribute to the creation of our circumstances, by the thoughts that we feed our minds.
7. Affirmations are thoughts in words. You fill them with power, when you focus on them and energize them with feelings and emotions. This action creates vibrations within the Omnipresent and Omnipotent power of the Universe, which in turn, supplies the opportunities and situations to make the affirmation come true.
8. Our thoughts attract from the world surrounding us similar thoughts and ideas. Repeating an affirmation opens a door in the mind, which lets similar thoughts and ideas to come in. If we think negatively, more negative thoughts will come into our minds. If we maintain a positive attitude and positive thinking, we attract similar thoughts from the surrounding world, which amplify our positive thoughts and attitudes.

Two Persons, Two Attitudes

Tom and Jim had been seeking a job. Both had the same qualifications and talent, but they were utterly different in their attitude and behavior.

Tom lacked self-esteem, and therefore, felt that others were better and more talented than him. He constantly told himself that he couldn't be a winner, and that it is very difficult to get an interesting job with a good salary.

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Jim had faith in himself and in his abilities, and was certain that he could attain anything he set his mind on. He displayed a positive attitude and was ambitious, optimistic and happy.

Both Tom and Jim applied for a job, in a company that was seeking employees to work in the field that they have studied. There were many other applicants for the same job, and each one had to be interviewed, before the decision was made about whom to hire.

The interview was scheduled to take place in a few days, and as it was an important issue in their lives, they needed to prepare themselves for it.

Tom, who was basically pessimistic, did not believe he would get the job. He constantly told himself that he is no good, and that someone else will get the job. He did not believe he was smart enough, and repeatedly told himself that he would certainly behave clumsily, and make a bad impression on the interviewer.

Jim, on the other hand, constantly told himself that the job was already his. He had no doubt about it. He was full of faith in himself and in his abilities, and was confident that he was going to make a wonderful impression and get the job.

The words and sentences they were repeating in their mind led them to different anticipations and actions, and to different results.

Tom arrived late to the interview, nervous and tense, and was certain that he was not going to be hired for the job. During the interview, he behaved and acted exactly as he kept telling himself, and made a bad impression on the interviewer. As he anticipated, he did not get the job.

Jim arrived at the same interview well groomed, calm, optimistic and confident. He arrived early and started the interview on time. His calmness, confidence and ease of answering every question made a strong good impression on the interviewer, who immediately gave him the job.

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Even though they knew nothing about affirmations, they unknowingly repeated affirmations. These affirmations, consequently, affected their behavior and actions, and brought them results on the material plane. Such occurrences are quite common. Everyone repeats affirmations, in one way or another, without knowing that they are actually affirming.

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